



# Calhoun County Connections

**FEBRUARY 2015**

## Special Points of Interest

- \* Thank You from the Juvenile Home
- \* February Happenings
- \* Public Health Ready
- \* President's Day Trivia
- \* Albion Recycling Center
- \* Measles Outbreak
- \* Milestones
- \* New Hires
- \* Spice of the Month
- \* Slow Cooker Recipes

## JUVENILE HOME ANGEL TREE

The residents and staff of the Juvenile Home would like to express our gratitude to all the County employees who helped with or donated to the Juvenile Home Angel Tree this past Christmas. Due to everyone's generosity, the residents were able to enjoy a fun and gift-filled Christmas Day.

**Sandy Eis**

## February Happenings



Ice carving, hot chocolate for kids, wine tasting for adults, and blues being performed live at several downtown locations.

Where: Downtown Marshall

When: Friday, February 6th from 10:00 a.m. - 11:00 p.m.

Saturday, February 7th from 10:00 a.m. - 11:00 p.m.

<http://marshallmi.org/events/577>

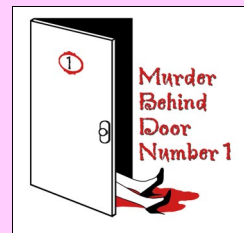


Cardboard sleds, chili cook-off and ugly sweaters!

Where: Leila Arboretum

When: Saturday, February 7th from 11:00 a.m. - 3:00 p.m.

<http://www.bcmams.com/festivus.html>



## February 13th & 14th

Cornwell's Interactive

MURDER MYSTERY THEATRE

Help solve the mysteries, or just sit back and enjoy the fun!

For more information: <http://www.turkeyville.com/>



Oaklawn Hospital Blood Drive

When: Tuesday, February 17th 2015 from 9:00 a.m. - 2:45 p.m.

Where: Wright Medical Building, 215 East Mansion Street Marshall

Contact: 1-800-733-2767



*Happy Valentine's Day*



## CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

190 E. Michigan Avenue, Ste. A100 Phone: (269) 969-6370  
Battle Creek, Michigan 49014 Fax: (269) 969-6470  
[www.calhouncountymi.gov/publichealth](http://www.calhouncountymi.gov/publichealth)

*"Working to enhance our community's total well-being"*

### **CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT PROTECTS CALHOUN COUNTY FROM EMERGENCIES AND DISASTERS THROUGH NATIONAL "PUBLIC HEALTH READY" RECOGNITION PROGRAM**

Calhoun County -- Calhoun County Public Health Department (CCPHD) has been recognized by the National Association of County and City Health Officials (NACCHO) for its ability to plan for, respond to, and recover from public health emergencies. The CCPHD demonstrated these capabilities by meeting the comprehensive preparedness benchmarks required by Project Public Health Ready (PPHR), a unique partnership between NACCHO and the Centers for Disease Control and Prevention. The CCPHD joins a cohort of more than 400 local health departments across the country that have been distinguished for excellence in preparedness through PPHR, either individually or as part of a region.

*"We are proud to have been recognized by Project Public Health Ready for our high level of preparedness," said James Rutherford, CCPHD Health Officer. "As we continue to improve and build on our ability to quickly and effectively respond to any public health crisis in Calhoun County, PPHR recognition is a great honor. Our emergency preparedness team is to be commended. The most important factor in determining whether we succeed in responding to an emergency remains the actions of our citizens in advance planning, cooperating with authorities, and helping each other in a time of duress."]*

PPHR recognition confirms that the CCPHD has a thorough and coordinated emergency response plan in place and that staff have the training to protect the health of the community during an emergency. Local health departments recognized by PPHR undergo a rigorous evaluation by peer review to assess their ability to meet a set of national standards for public health preparedness. These standards align with federal government requirements and other national best practices.

PPHR recognition also requires health departments to collaborate with their state, local, and community partners to develop plans that account for all the constituents in their jurisdictions. Our coordination with local emergency partners including Calhoun County and Battle Creek Emergency Management, local hospitals, Family Health Center of Battle Creek, American Red Cross, schools, and all those within the 5<sup>th</sup> District Regional Medical Coalition to name a few.

"All disasters strike locally, and local health departments are a critical part of any community's first response to disease outbreaks, emergencies, and acts of terrorism," said Robert Pestronk, NACCHO Executive Director. "NACCHO commends the CCPHD for being a model of public health emergency preparedness."

NACCHO, the voice of the 2,800 local health departments across the country, provides resources to help local health department leaders develop public health policies and programs to ensure that communities have access to vital programs and services that people need to keep them protected from disease and disaster. Its mission is to be a leader, partner, catalyst, and voice for local health departments in order to ensure the conditions that promote health and equity, combat disease, and improve the quality and length of all lives.

For more information on Project Public Health Ready, including recognized sites, project tools, and resources, visit <http://www.naccho.org/PPHR>.

# PRESIDENTS' DAY TRIVIA



1. Who was the oldest elected president?
  - A. George Washington
  - B. Ronald Reagan
  - C. Thomas Jefferson
  - D. Woodrow Wilson
2. Which president was NOT born or did NOT die on the 4th of July?
  - A. John Adams
  - B. Thomas Jefferson
  - C. Calvin Coolidge
  - D. Benjamin Harrison
3. Which president was the youngest person to become president?
  - A. John F. Kennedy
  - B. Theodore Roosevelt
  - C. Franklin Pierce
  - D. William Clinton
4. Which president did not die in office?
  - A. Millard Fillmore
  - B. Warren Harding
  - C. Franklin D. Roosevelt
  - D. Zachary Taylor
5. Who was the only person to become president without having been elected?
  - A. Benjamin Harrison
  - B. Ulysses S. Grant
  - C. Gerald Ford
  - D. Lyndon B. Johnson
6. Which president's face is not part of Mt. Rushmore?
  - A. Thomas Jefferson
  - B. George Washington
  - C. Franklin D. Roosevelt
  - D. Theodore Roosevelt
7. Which president served the longest in office?
  - A. George Washington
  - B. Dwight Eisenhower
  - C. Thomas Jefferson
  - D. Franklin D. Roosevelt
8. Which president was not assassinated?
  - A. Abraham Lincoln
  - B. William McKinley
  - C. James A. Garfield
  - D. William Harrison
9. Who was the first president to appear on television?
  - A. Franklin D. Roosevelt
  - B. Herbert Hoover
  - C. Dwight Eisenhower
  - D. Harry S. Truman
10. Which president was elected to 2 non-consecutive terms?
  - A. Dwight Eisenhower
  - B. Grover Cleveland
  - C. Andrew Jackson
  - D. James Madison

**Answers:**

1=B Ronald Reagan was the oldest elected president at age 69. He was the 40th president.

2=D John Adams and Thomas Jefferson died on the same day - July 4, 1826. Calvin Coolidge was BORN on July 4, 1872. Benjamin Harrison died on March 13, 1901. He was the 23rd president.

3=B The youngest person to become president was Theodore Roosevelt, who, as vice-president, took over the office when William McKinley was assassinated. Roosevelt was 42 years of age. He was the 26th president. Kennedy was the youngest ELECTED president, but not the youngest to become president.

4=A Millard Fillmore served from 1850-1854. He died in 1874. He was the 13th president.

5=C Gerald Ford took over the office of president when Richard Nixon resigned. Ford was appointed vice-president when Nixon's first vice-president resigned. Gerald Ford was the 38th president.

6=C Mt. Rushmore honors 4 past presidents: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln. Franklin D. Roosevelt was the 32nd president.

7=D The longest time served in office is held by Franklin D. Roosevelt. He was elected to four consecutive terms, and served slightly more than 12 years, before dying in office.

8=D William Harrison served the shortest time in office of any of the presidents. Only one month after being elected, he died in office due to illness. He was the 9th president. Abraham Lincoln, James A. Garfield, William McKinley, and John F. Kennedy were all assassinated.

9=A In 1939, Franklin D. Roosevelt was the first president to appear on TV. He was the 32nd president.

10=B Only one president has been elected to two non-consecutive terms. Grover Cleveland served as the 22nd president (1885-1889), and again as the 24th president (1893-1897).



# Calhoun County partners with City of Albion for operation of Albion Recycling Center

**Contact person:**  
**Sarah Kelly – 269-969-6395**

Calhoun County is pleased to announce its new partnership with the City of Albion for the operation of the City of Albion's recycling center. The current Albion drop-off center is scheduled to close January 31 to allow for transition of equipment and signage as the center switches from being a drop-off facility to a staffed recycling center. Please note recycling will not be available February 2-10 as the transformation occurs.

Albion Recycling Center Opens  
February 11, 2015  
216 North Eaton Street, Albion  
Wednesday: 10am – 6pm  
Saturday 10am – 2pm  
Open to all Calhoun County residents

In an effort to reduce contamination and improve the quality of the recycled material generated by the recycling center, the Albion drop-off center is transitioning into a manned recycling center with limited hours of operation. This will help insure that a steady stream of recyclers pass through the site during our hours of operation. Recyclers will bring their presorted items to the center during the hours of operation and leave them with the staff and volunteers to load. The recyclables will be placed into item specific collection containers at the center which will not be available for public use when the center is closed. In an effort to keep the recycling center safe and clean, it will be under video surveillance.

Use of the center will be limited to the hours of operation. No appointments are necessary,

simply pull in and let the staff unload your items from your vehicle. Recyclers will be asked to take items that are not accepted at the center home with them.

The following items will be accepted at the recycling center:

- Cardboard
- Boxboard
- Clear glass (no colors)
- Tin cans (remove label)
- Aluminum (please crush)
- Newspaper
- Junk mail
- Phonebooks
- Office paper
- Magazines
- # 1 PET plastic bottles/rigid containers
- #2 HDPE plastic – natural (milk jugs)
- #2 HDPE plastic – colored
- #3-7 Plastic mixed rigid containers (No bags or shrink wrap)
- Vinyl siding
- Styrofoam
- Household batteries







## Albion Recycling Center (Continue)

**Pre-Sort:** To make recycling at the center efficient, **please bring your recycling to the center already sorted.** For example, separate your water bottles into their own container, milk jugs into their own container, detergent bottles in their own container, cans into their own container, clear glass bottles into their own container, and divide the paper items up likewise. That will allow staff to quickly place items in the correct bins and help move traffic through the recycling center.

**Reusable Containers:** Please place your items in paper bags, cardboard boxes, or reusable recycling bins. Reusable containers will be returned during your visit. All bottles and cans need to be rinsed clean, and tin cans must have their labels removed.

**Styrofoam (#6):** County residents will be able to drop off Styrofoam (Polystyrene) at the Albion Recycling Center. Typically it has the number 6 embossed on the material. Polystyrene is used in foam cups, plates, egg cartons, and packing material. Foam packing peanuts and construction foam cannot be accepted as they are made out of a different type of foam.

**Clean:** All material brought to the recycling center must be clean. Dirty or soiled material cannot be accepted.

**Household Batteries:** Household batteries should be separated by type. Place lithium and non-lithium batteries into separate containers.

The following items will **NOT BE ACCEPTED** at the new recycling center:

- plastic bags or plastic film
- grocery bags, animal feed bags, soil bags, mulch bags, water softener bags, and plastic film used to package cases of water bottles or soda cans

- Motor oil, insecticide, herbicide, or hazardous chemical containers
- no colored glass or window glass
- Appliances, electronics, tires, and household hazardous waste (will only be accepted at special designated county-wide collections).

The Albion Recycling Center is paid for through the host agreement tipping fees generated from the C & C Landfill.

The Albion Recycling Center joins the County's other recycling center located at the:

Calhoun County Road Department  
13300 15 Mile Rd., Marshall

There are also the following recycling centers located at the:

- Bedford Charter Township Office (2<sup>nd</sup> Saturday of the month)
- Clarence Township Office (3<sup>rd</sup> Saturday of the month)
- Athens Village Office (3<sup>rd</sup> Saturday of the month)
- Pennfield Township Office (4<sup>th</sup> Saturday of the month).

For further information please contact the Calhoun County Public Health Department at (269) 969-6341.



## CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

190 E. Michigan Avenue, Ste. A100 Phone: (269) 969-6370  
Battle Creek, Michigan 49014 Fax: (269) 966-1489

### Measles Outbreak

The following information is being provided by the Calhoun County Public Health Department (CCPHD) as a public service update on the Measles Disease.

Several confirmed cases of measles have been identified in individuals that visited Disneyland in late December 2014. Michigan recently confirmed a case that may have ties to the Disneyland outbreak. Over 50 cases have been confirmed with the majority of these cases never having received the measles/mumps/rubella (MMR) vaccine or have unknown MMR vaccination status. The CDC states confirmed cases have spread from California into Utah, Washington, Oregon, Colorado, Nebraska, Arizona, and now Michigan. To date, no cases have been identified in Calhoun County. The last case of measles in Calhoun County occurred in 2013 in an unvaccinated child.

Measles is a highly contagious respiratory disease caused by a virus. Measles is most common in late winter and spring. The measles virus can infect any person of any age who has not previously had the disease or the measles vaccine. The infection is highly contagious and spread by airborne droplets and by direct contact with nose or throat secretions of infected persons. A person is contagious from about 4 days before the rash starts until 4 days after the rash develops.

Symptoms start about seven to ten days after being exposed to the measles and last from one to two weeks. The illness begins with a runny nose, watery eyes, cough, and high fever. After two to three days, tiny white spots may appear on the inner cheeks, gums, and roof of mouth, surrounded by redness. Two to four days after symptoms appear, a raised, red rash starts on the face and spreads down the body and out to the arms and legs. The rash usually lasts five to six days. There is no specific treatment or medicine to cure measles. Bed rest, increased fluids, cool or warm compresses, and Tylenol can be used to reduce fever and discomfort. The sick person should stay at home until four days after the appearance of the rash.

"Measles can be prevented by the combination MMR (measles, mumps, and rubella) vaccine. In the decade before the measles vaccination program began, an estimated 3–4 million people in the United States were infected each year, of whom 400–500 died, 48,000 were hospitalized, and another 1,000 developed chronic disability from measles encephalitis.

Widespread use of measles vaccine has led to a greater than 99% reduction in measles cases in the United States compared with the pre-vaccine era, and in 2009, only 71 cases of measles were reported in the United States." (<http://www.cdc.gov/measles/vaccination.html>)

If you have never had the measles, have not been vaccinated against the measles, and are having symptoms, please call your health care provider immediately and make arrangements to be seen. If you don't know your measles vaccine history and you have possibly been exposed to measles, it is recommended that you receive a vaccination within 72 hours of exposure. It is important to tell your health care provider when you call that you may have been exposed to measles and that you are unvaccinated so they can provide you a mask upon entering the building to prevent others from being exposed. Please ask your health care provider to call the CCPHD immediately if they believe you might have measles. **NOTE:** Pregnant women and children under 1 year of age typically cannot receive the vaccine and are encouraged to stay away from infected or potentially infected persons.

Health care providers are reminded to immediately report suspected measles cases to their local health department. Prompt diagnostic testing and public health follow-up investigation of such cases are essential.

Parents are urged to discuss their child's vaccination schedule with their health care providers to ensure that children are up to date on all recommended vaccines. The MMR vaccine, as well as all other routine vaccinations, is available at the CCPHD.

Additional information is available at the Centers for Disease Control (CDC) Website <http://www.cdc.gov/measles/index.html> or by contacting the CCPHD at (269) 969-6363.



Eyes of a child with measles

## February Milestones

### 25 YEARS & Over

**Doug Reimink - 33 yrs**  
*Juvenile Home*  
**Charles Harrington - 30 yrs**  
*Administrative Services*  
**Vivian Holdcraft - 28 yrs**  
*Health Department*  
**Kathy Scott - 28 yrs**  
*Circuit Court*  
**Daniel Buscher - 25 yrs**  
*Prosecutor's Office*

### 15 YEARS

**Tamara Towns**  
*Prosecutor's Office*  
**Steven Jones**  
*Sheriff's Department*  
**Pat Handley**  
*Road Department*

### 5 YEARS

**Deana Zimmerlee**  
*Health Department*  
**Kathryn Jackson**  
*Juvenile Home*  
**Dawn Denton**  
*Circuit Court*

## Welcome New Hires

### BOARD OF COMMISSIONERS

☺ CARLA REYNOLDS  
☺ MICHAEL BEARMAN

### JUVENILE HOME

☺ CHARLES MONROE

### TREASURER'S OFFICE

☺ ZACHARY KOSHOREK

### SHERIFF'S DEPARTMENT

☺ NELSON TORRES-TORRES

### HEALTH DEPARTMENT

☺ RICHARD KELLEY

☺ ANISSA LEWIS

### CLERK REGISTER/CIRCUIT

☺ TERI JONES

### PROSECUTOR'S OFFICE

☺ ANGELA EASTERDAY

☺ JAMES JORDAN

# Spice of the month: Ginger

### Some Health Benefits

- ☛ Haven't been feeling hungry? Eat fresh ginger just before lunch to stoke a dull appetite and fire up the digestive juices.
- ☛ Ginger improves the absorption and assimilation of essential nutrients in the body.
- ☛ Feeling airsick or nauseous? Chew on ginger, preferably tossed in a little honey.
- ☛ Tummy moaning and groaning under cramps? Munch on ginger.
- ☛ Reeling under joint pain? Ginger, with its anti-inflammatory properties—can bring relief. Float some ginger essential oil in your bath to help aching muscles and joints.
- ☛ Just had surgery? Chewing ginger post-operation can help overcome nausea.
- ☛ Stir up some ginger tea to get rid of throat and nose congestion. And when there's a nip in the air, the warming benefits of this tasty tea are even greater!



### Ginger Tea

#### Ingredients:

1 cup boiling water  
4 1/8-inch slices fresh ginger  
1 small sprig fresh rosemary or fresh mint, or 2 strips of lemon peel\*  
1/2 teaspoon honey

#### Instructions:

Pour water in cup. Add fresh ginger, rosemary, and honey. Stir to dissolve honey. Steep 5 minutes. Remove ginger and rosemary or, for intense ginger and

rosemary flavor, leave in ginger and rosemary while sipping. Makes 1 serving.

\*Note: Use only yellow peel; avoid the white pith of the lemon.

#### Variation

#### Iced Ginger Tea:

Prepare Ginger Tea; remove ginger and rosemary. Refrigerate, covered, 2 hours. Serve over ice.



### Healing Asian Soup with Ginger

#### Ingredients:

4 cups homemade chicken stock or low-sodium chicken broth.  
3-4 thick slices fresh ginger root  
1 cup sliced mushrooms (any type, but mild mushrooms would be better)  
1 cup spinach leaves, sliced into thin ribbons  
1 green onion, very thinly sliced

#### Instructions:

In medium saucepan, bring chicken stock to a low simmer. Add ginger slices and let simmer at least 15 minutes or longer. (Taste to see if you have as much ginger flavor as you'd like.) If you'd like a clear soup, use a yogurt strainer or coffee filter to strain the ginger-infused chicken stock, then rinse pan and put strained

stock back into pan. Add a small amount of water if the stock has reduced very much.

While ginger simmers in stock, wash and slice mushrooms and thinly slice spinach leaves. Clean green onion and slice into very thin slices. Bring infused stock back to a low simmer, then add mushrooms and simmer 1 minute. Add sliced spinach and simmer one minute more. Turn off heat and add green onions, then serve soup hot, with chopsticks to eat the veggies after you drink the broth.





# Easy Slow Cooker Recipes

## Slow Cooker Apple Cinnamon Steel-Cut Oatmeal

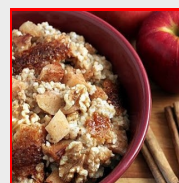
### Ingredients:

2 apples, peeled, cored, cut into 1/2-inch pieces (2-1/2 to 3 cups chopped)  
1-1/2 cups fat-free milk (or substitute non-dairy alternative like almond milk)  
1-1/2 cups water  
1 cup uncooked steel-cut oats  
2 tablespoons brown sugar (or substitute maple syrup or other desired sweetener)  
1-1/2 tablespoons butter, cut into 5-6 pieces (optional)  
1/2 teaspoon cinnamon  
1 tablespoon ground flax seed  
1/4 teaspoon salt  
Optional garnishes: chopped nuts, raisins, maple syrup, additional milk or butter

### Preparation:

Coat inside of 3-1/2 quart (or larger) slow cooker with cooking spray. Add all ingredients (except optional toppings) to slow cooker. Stir, cover, and cook on low for approx. 7 hours (slow cooker times can vary). Spoon oatmeal into bowls; add optional toppings, if desired. Store leftovers in refrigerator. Freezes well.

To reheat single servings: Put 1-cup cooked oatmeal in microwave proof bowl. Add 1/3 cup fat-free milk. Microwave on high for 1 minute; stir. Continue cooking for another minute, or until hot.



## Slow Cooker Chicken Enchilada Soup

### Ingredients:

1 1/2 lbs. boneless skinless chicken breasts  
1 medium yellow onion, diced  
1 bell pepper, thinly sliced  
1 jalapeno, diced  
2 cloves garlic, minced  
1 15-oz. can diced tomatoes  
2 cups chicken stock  
1 tbsp. chili powder  
1 tbsp. cumin  
1 tsp dried oregano  
1/2 tsp paprika  
Salt and freshly ground pepper, to taste



2 tbsp. fresh cilantro, chopped  
1 avocado, pitted and sliced

### Preparation:

Add the chicken to the bottom of the slow cooker. Add the onion, bell pepper, jalapeno, and garlic on top of the chicken. Pour the diced tomatoes and chicken stock over the top. Sprinkle with chili powder, cumin, oregano, paprika, salt, and pepper. Cover and cook on low heat for 8 hours. Use a fork to shred the chicken before serving. Garnish with cilantro and avocado.

## Slow Cooker Cheesy Spinach Lasagna Recipe

### Ingredients:

1 tablespoon olive oil  
1 (5 ounce) package baby spinach or 6 cups packed baby spinach  
2 (24 ounce) Jars marinara sauce, no sugar added  
1 cup reduced fat ricotta cheese  
1 cup low-fat cottage cheese  
1 cup (part skim) mozzarella cheese  
1/4 cup grated parmesan cheese  
1 teaspoon dried oregano  
12 whole wheat lasagna noodles, uncooked (break in half)  
Fresh basil for garnish



### Preparation:

Add oil to a large skillet, add spinach and cook over low heat just until wilted, about 3-5 minutes. Combine in a medium bowl ricotta cheese, cottage cheese, mozzarella cheese, and oregano. Add 1 cup marinara to the bottom of the slow cooker. Next, add a layer of broken lasagna noodles, spread 1/4 of cheese mixture over noodles, next top with 1/4 of wilted spinach. Repeat the layers until all the ingredients are used up. I prefer to add cheese last. Cover and cook until noodles are al dente and cheese is bubbly. Cook on low-heat 4-5 hours or high heat 2-3 hours. Remove the lid and add parmesan to the top. Turn off the slow cooker and allow the casserole to sit for 15 minutes before cutting. Serve garnished with fresh basil and additional parmesan, if desired. Recommend a 6 quart slow cooker, or approximately that size.